

Comparing Human Milk to Formula:

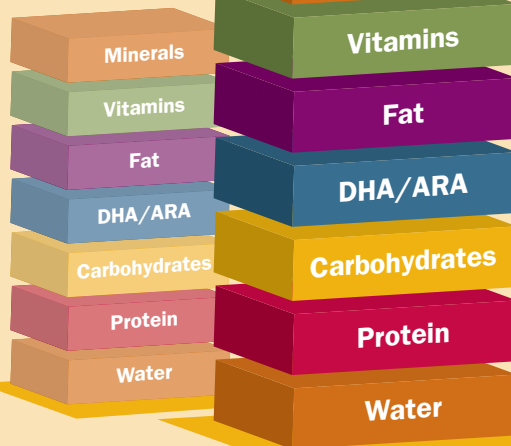
See for yourself!

Take a look at what formula is missing...

Breastmilk



Formula



Nationally Ranked. Locally Trusted.

For breastfeeding support or questions,
call the Denver Health WIC Lactation Line

303-602-9444

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Human milk,
formula or both...
Get the facts!

Babies are born to be breastfed



Question: *If I breastfeed and give formula, will my baby get the best of both worlds?*

A: Breast milk has everything that a baby needs for the best growth and development. Formula is not the same as breast milk. Giving even a little formula lowers the value of breastfeeding. (SEE CHART FOR COMPARISON)

Q: *I've seen formula advertisements that say formula can help my baby be less fussy, less gassy, spit up less, and help with colic. Is this true?*

A: Formula companies are experts at marketing. They are trying to sell you a product and make claims to create doubt about the completeness of breast milk. Although the claims make it sound like formula can solve common infant concerns, babies who are fed formula are actually more likely to have these problems. Often times, if babies start formula, they will have to switch formulas several times before finding one that they can tolerate. Breastfeeding and not feeding any formula is the best way to prevent these challenges.

The American Academy of Pediatrics States:

- Only breast milk should be offered for about the first six months of life followed by continued breastfeeding once baby foods are started for at least one year or longer.
- To help get breastfeeding off to a good start, babies should have skin-to-skin contact with their mothers right after delivery.



Q: *Will I need formula if I don't make enough milk?*

A: The more breast milk your baby takes, the more milk your body makes. When you give your baby formula, your body makes less milk. You can increase your milk supply by nursing more often. Breast size and family history do not affect your milk supply. Cold weather will not cause your breast milk to dry up either. Call your pediatrician to check your baby's weight for reassurance that they are growing well.

Q: *I'm concerned my milk isn't good for the baby because I don't eat healthy foods and sometimes have angry thoughts and feelings.*

A: None of these factors will cause your breast milk to be bad for your baby. Your milk is always better than formula.

Q: *How can I breastfeed if I go back to work or school?*

A: Breastfeeding while at school or work is good for you and your baby. You will feel closer to your baby even though you are separated. You have several options for breastfeeding while away from your baby. Pumping your milk and having caregivers feed your milk from a bottle is one option. Talk to your Pediatrician or WIC staff about breast pump options.

What you may not have heard about giving formula...

Formula fed babies are at increased risk for:

- 60% greater risk of ear infections
- 40% greater risk for diabetes
- 250% greater risk for hospitalization for asthma or pneumonia
- More constipation, diarrhea, colic and spitting up
- More allergies and eczema
- SIDS, leukemia, cancer, overweight and obesity and high cholesterol
- Lower intelligence scores

Other disadvantages of formula:

- It's expensive—formula costs between \$2,000 to \$5,000 a year! WIC doesn't provide 100% of infant formula needs
- Harder to lose weight
- Dirty diapers smell much worse than diapers of breast fed infants
- No protection against breast cancer, ovarian cancer, osteoporosis or diabetes
- Longer healing time after delivery
- Bad for the environment—formula cans create 87,230 tons of landfill waste a year!

Moms say it is a lot more work than they thought because they have to:

- Make time to buy formula
- Mix and warm formula
- Find clean water or boil tap water
- Wash bottles and nipples
- Pack extra things in the baby bag
- Do more laundry because formula spit-up stains more than breastmilk spit-up

**Having difficulty breastfeeding?
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